Appl. No. 10/827,561 Amendment Dated September 22, 2006 Reply to Office Action of August 18, 2006

## **AMENDMENTS TO THE CLAIMS:**

This listing of the claims will replace all prior versions, and listings of claims in the application:

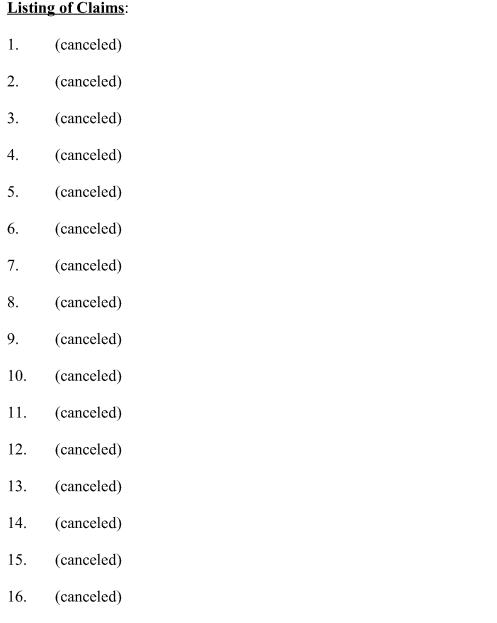
LISUNG OF CIAIMS	<b>Listing of Clain</b>	ns:
------------------	-------------------------	-----

17.

18.

(canceled)

(canceled)



Appl. No. 10/827,561 Amendment Dated September 22, 2006 Reply to Office Action of August 18, 2006

- 19. (canceled)
- 20. (canceled)
- 21. (canceled)
- 22. (canceled)
- 23. (currently amended) An exercise device comprising:
  - a) a cross bar;
  - b) a pair of dumbbells, each having a center section connected to one of said opposite ends of said center cross bar, wherein said opposite ends of said center cross bar generally do not extend beyond a distal surface of said center section of a respective one of said dumbbells connected thereto; and
  - a resilient grip member extending at least partially around said center section of each of said dumbbells and presenting one of a pair of opposed gripping surfaces for gripping by a user during exercise.
- 24. (previously presented) The exercise device as in Claim 23 wherein:
  - a) at least one of said dumbbells is removably securable to said cross bar.
- 25. (previously presented) The exercise device as in Claim 23 wherein:
  - a) at least one of said dumbbells is rotatably secured to said cross bar.

- 26. (previously presented) The exercise device as in Claim 23 wherein:
  - said dumbbells are removably securable to said cross bar and said resilient grip
    members are removably securable to said dumbbells.
- 27. (previously) The exercise device as in Claim 23 in combination with a plastic carrying case for storing said exercise device and having opposed generally planar surfaces sized to function as a step for performing step type exercises.
- 28. (currently amended) An exercise device comprising:
  - a) a cross bar;
  - b) a pair of dumbbells, each having a center section connected to one of said opposite ends of said center cross bar; and
  - a resilient grip member extending at least partially around said center section of each of said dumbbells and in covering relationship to a respective one of said opposite ends of said center cross bar, each of said resilient grip members presenting one of a pair of opposed gripping surfaces for gripping by a user during exercise and wherein said opposite ends of said center cross bar do not extend beyond said gripping surfaces.

Appl. No. 10/827,561 Amendment Dated September 22, 2006 Reply to Office Action of August 18, 2006

29. (currently amended) The exercise device as in Claim [[23]]28 in combination with a plastic carrying case for storing said exercise device and having opposed generally planar surfaces sized to function as a step for performing step type exercises.